

## Surviving the Summer

*A series on surviving...and even thriving!*

*"I know how to survive..." Philippians 4:12a Voice*

### "Surviving Hurts from Others"

*"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." 2 Corinthians 1:3-4*

#### A. Hurts are just the beginning...

*"And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice." Ephesians 4:30-31*

1. Hurts are focused on yourself.
2. Hurts will brew into grudges when left untreated.
3. Hurts will morph into anger and bitterness.
4. Hurts will affect our mental, physical, and spiritual health.

*"Lack of forgiveness, which often occurs as a result of having been hurt, humiliated, angered, or having suffered fear or loss, feelings of guilt, or envy, can have profound effects on the way your body functions.*

*Physically, the body is in a state of stress. Muscles tighten, causing imbalances or pain in the neck, back, and limbs. Blood flow to the joints is restricted, making it more difficult for the blood to remove wastes from the tissues and reducing the supply of oxygen and nutrients to the cells. Normal processes of repair and recovery from injury or arthritis are impaired. Clenching of the jaws contributes to problems with teeth and jaw joints. Headaches can become a problem. Chronic pain may get worse.*

*Blood flow to the heart is constricted. Digestion is impaired. Breathing may become more difficult. Anger can seriously impair the immune system, increasing the risk of infections and illness.*

*Luskin cites several studies that show how anger can affect the cardiovascular system by adding to a person's general level of stress. Other studies have indicated that patients who have had heart attacks have been able to improve their physical health by practicing forgiveness and working to feel more tolerant and less angry.*

*Additionally, Dr. Luskin says, when the body releases certain enzymes during anger and stress, cholesterol and blood pressure levels go up, not a good long-term position to put the body in. Forgiveness has been shown to lower blood pressure naturally. The bottom line, we can eat healthy and take care of ourselves on a physical level, but if our hearts are filled with anger, our bodies are not in optimum health."*

- Dr. Luskin of Stanford University

#### B. When you are hurt...

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32*

1. Don't ignore the hurt and say, "That didn't hurt!"  
*"So I remained utterly silent, not even saying anything good. But my anguish increased;..." Psalm 39:2 NIV*
2. Don't run from the hurt and seek escape.  
*"I said, 'Oh, that I had the wings of a dove! I would fly away and be at rest.'" Psalm 55:6 NIV*
3. Don't hide it as if it didn't happen. A helpful quote:  
*"Revealing your feeling is the beginning of healing."  
-Timothy Smith*  
*"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." James 5:16 NIV*
4. Don't resent it.  
*"You may tear out your hair in anger, but will that destroy the earth? Will it make the rocks tremble?" Job 18:4*

#### C. Hurts need to be forgiven...

*"Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, 'I will take revenge; I will pay them back,' says the LORD." Romans 12:17-19*

1. Don't take the hurt into your own hands.  
*"...never pay back evil with more evil..."*
2. Be honorable in how you handle hurts.  
*"everyone can see you are honorable..."*
3. Take steps to peace in the circumstances.  
*"...live in peace with everyone..."*
4. Don't take revenge, let God handle it!  
*"...never take revenge..."*  
*"In taking revenge, a man is but even with his enemy; but in passing it over, he is superior." - Francis Bacon*

Be tolerant of others

- Treat others like you want to be treated
- Be polite with your interactions
- Treat others with respect at all times
- Avoid criticizing others
- Don't jump to conclusions
- Give others the benefit of the doubt as a matter of routine
- Be willing to overlook minor offenses
- Have a positive attitude
- Be willing to apologize

#### D. Take the steps necessary to move on...

*"If you, LORD, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you." Psalm 130:3-4*

1. Let go of the anger.
2. Stop victimizing yourself.
3. Guard your thoughts and start focusing on the future.
4. Avoid negative self-talk.
5. Take the step to express your forgiveness, despite your feelings.
6. Re-learn trust. Don't confuse forgiveness with trust. Forgiveness is an act of your will where trust is a feeling of safety that will need to be built.
7. Forgive whether you are asked or not.
8. Be reasonable in your expectations on yourself.
9. Expect it to take time.

*"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13*

Next in the series:

August 21 - Surviving Your Past Failures

*"The godly may trip seven times, but they will get up again. But one disaster is enough to overthrow the wicked." Proverbs 24:16*